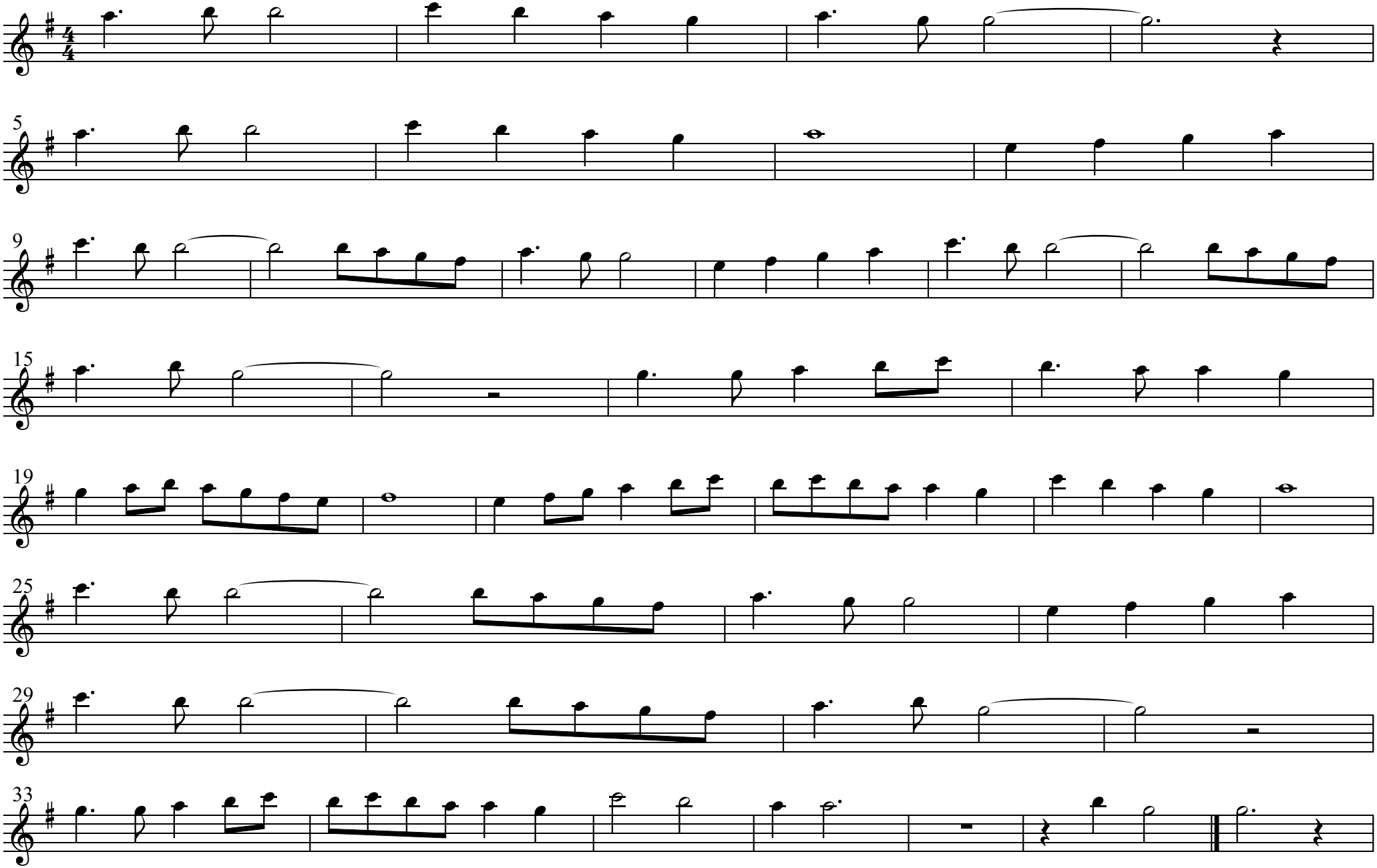Slow Fox Flöte